

Bruce Lee & Jeet Kune Do Complete Training Guide

This PDF contains a detailed A to Z breakdown of Bruce Lee's full workout, strength training, martial arts drills, and his Jeet Kune Do training system explained in full detail. It includes exercise descriptions, reps, sets, mindset training, and JKD combat techniques.

1. Bruce Lee Full Strength Training System:

- Chest, biceps, triceps, legs, abs, forearms, neck exercises.
- High volume training: 100 pull-ups, 1000 kicks daily.
- Detailed exercise instructions for push-ups, dips, dragon flags, curls, squats.

2. Martial Arts & Combat Drills:

- Jeet Kune Do (JKD) drills for punches, kicks, trapping.
- Reflex and interception training.
- Iron body conditioning.
- Bag work, sparring, and speed drills.

3. Mental & Philosophical Training:

- Daily meditation (15-30 min).
- Philosophy: Taoism, Zen.
- Journaling and mindset focus.
- "Be water" discipline and no hesitation.

4. Flexibility & Mobility:

- Dynamic and static stretching routines.
- High kicks, splits training.
- Joint mobility exercises.

5. Isometrics and Explosive Power:

- Wall pushes, static holds.

- One-inch punch training.
- Explosive push-ups and muscle contraction drills.

6. Jeet Kune Do (JKD) Training Breakdown:

- Core JKD philosophy: Use what works, be direct and efficient.
- JKD Stance: Modified fencing stance for mobility and speed.
- Strikes:
 - * Lead Straight Punch (500-1000 reps daily)
 - * Finger Jab (Eye Jab)
 - * Backfist
 - * Hook, Cross, Uppercut boxing punches
 - * Elbows and trapping hands
- Kicks:
 - * Side Kick (main power kick)
 - * Stop Kick (intercept opponent's attack)
 - * Hook Kick, Crescent Kick, Low Line Kick
- Trapping drills: Pak Sao (Slap block), Lop Sao (Pull and hit).
- Reflex drills: Mirror drills, focus mitt reactions, ball drop catch.
- Sparring drills focusing on rhythm breaking and intercepting.
- Iron body and conditioning drills.
- Footwork and mobility exercises.
- One-Inch Punch explosive training.
- Mental timing and reaction drills.

This comprehensive guide captures the essence of Bruce Lees training philosophy and physical practice. Use this as your blueprint to train like the legend himself.

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